

## Group Fitness for Adults 55 Years and Older

Fee: \$5 per class or \$40 monthly residents / \$45 monthly non-residents

Class Time	Class Title	Instructor	Facility
<b>Monday</b>			
8:00 – 9:30 a.m.	Intermediate Yoga	Cheryl Hodgins	Wolfe Center
10:15 – 11:00 a.m.	Fit Senior	Didi Watson	Wolfe Center
1:15 – 2:00 p.m.	Senior Agility Training	LeJeanne Thompson	Wolfe Center
2:00 – 3:00 p.m.	Senior Pilates	LeJeanne Thompson	Wolfe Center
6:00 – 7:00 p.m.	Hatha Yoga	Phia Keyser	Wolfe Center
<b>Tuesday</b>			
9:30 – 10:30 a.m.	Hatha Yoga	Phia Keyser	Wolfe Center
9:30 – 10:30 a.m.	Senior Yoga	Deborah Diver	Community Center
10:45 – 11:30 a.m.	Balance and Functional Movement	Laura Hughes	Wolfe Center
11:30 – 12:30 p.m.	Walk & Tone	Rudi Stryker	Wolfe Center Fitness Center
11:45 a.m. – 12:30 p.m.	Parkinson's Exercise	Laura Hughes	Wolfe Center
1:00– 2:00 p.m.	Cardio Fusion	Yvette Hassell	Wolfe Center
<b>Wednesday</b>			
8:30– 10:00 a.m.	Yoga for Men	Cheryl Hodgins	Wolfe Center
10:15 – 11:00 a.m.	Fit Senior	Didi Watson	Wolfe Center
11:15 a.m. – 12:15 p.m.	Beginner's Gentle Yoga	Cheryl Hodgins	Wolfe Center
12:30 – 1:15 p.m.	Yoga Sculpt	LeJeanne Thompson	Wolfe Center
1:15 – 2:00 p.m.	Cardio Sculpt	LeJeanne Thompson	Wolfe Center
6:00 – 7:00 p.m.	Hatha Yoga	Phia Keyser	Wolfe Center
<b>Thursday</b>			
9:30 – 10:30 a.m.	Senior Yoga	Deborah Diver	Community Center
11:30 – 12:15 p.m.	Weights for Me	Rudi Stryker	Wolfe Center
12:20 – 1:00 p.m.	Zumba	Yvette Hassell	Wolfe Center
1:15 – 2:15 p.m.	Tai Chi (3 <sup>rd</sup> Thursday will be done seated in a chair)	Barry Murray	Wolfe Center
<b>Friday</b>			
10:15– 11:30 a.m.	Senior Stretch	Liz Busse	Wolfe Center
12:05 – 12:50 p.m.	TLC Mat Pilates	Yvette Hassell	Wolfe Center
1:05 – 1:50 p.m.	Parkinson's Chair Yoga	LeJeanne Thompson	Wolfe Center
<b>Saturday</b>			
10:00 – 11:00 a.m.	Hatha Yoga	Phia Keyser	Wolfe Center
11:15 – 12:00 p.m.	Zumba	Yvette Hassell	Wolfe Center

- **Please arrive to class on time. You will not be allowed to enter a class if you are more than 10 minutes late.**

**Training with Rudi:** Get in shape safely and easily with your own trainer. Allow a **professional** to show you the proper way to use weights, machines, and smart moves to accomplish your fitness goals. Everyone is an individual and needs their own program. Contact Rudi to set up your appointment today (770) 656-3101 or [rudi.stryker71@gmail.com](mailto:rudi.stryker71@gmail.com).

Monthly:       \$185 (up to 8 visits)  
Single           \$25

\*must have a fitness center pass for Training with Rudi.

Monthly Fitness Pass: \$10.00

Annual Fitness Pass: \$100.00 for residents / \$120 for non-residents

**Balance & Functional Movement** – This class will help improve your balance and stability while focusing on movements needed for daily activities.

**Beginner's Gentle Yoga** – An introduction to yoga, this is a slow-paced class where you will learn the basics of a yoga practice. Please bring a blanket or a large beach towel.

**Cardio Dance** – This class consists of dance moves that will get your heart pumping and your body sweating.

**Cardio Sculpt** - This class is broken down into 15 minutes of light cardio, 15 minutes of toning and 15 minutes of stretching. This class will use the Barre, bands and weights.

**Fit Senior** – This class focuses on stretching, full range of motion exercises, proper breathing techniques and body sculpting using light hand weights.

**Fun Dance** – This class incorporates the use of bands, balls, pom-poms, noodle, etc. into easy to learn dance moves – suitable for seniors that are mobile and possess stable balance.

**Gentle Yoga** – A gentle yoga class designed to maintain joint health, physical flexibility, and balance. Please bring a blanket or a large beach towel.

**Hatha Yoga** – Meditation yoga

**Intermediate Yoga** – Gain a deeper understanding of yoga as we explore a variety of yoga asanas, their adaptations, and variations.

**Parkinson's Exercise** - This exercise class is designed for those diagnosed with Parkinson's disease who want to improve balance, strength and coordination.

**Parkinson's Chair Yoga** – Use a chair for support and balance while you practice the art of gentle yoga.

**Senior Agility Training** – This class will include balance and strength training, motor skills and stimulation of neuroplasticity – not recommended for members with balance or stability issues.

**Senior Pilates** – Core strength, balance, flexibility, coordination, and FUN. This class will incorporate rings, weights, body bars and bands. Class participants will move from floor to standing during class.

**Senior Stretch** – Take a deep breath and a gentle stretch.

**Tai Chi** – Practice Tai Chi and discover the many health benefits from this martial art.

**TLC Mat Pilates** – This 45-minute core conditioning class provides a safe and effective workout for all fitness levels. This workout will train the core of your body with exercises performed on a mat to improve posture and movement, as well as reduce back pain.

**Walk & Tone** – Walk on our trail (at your pace), then strengthen and tone all your muscle groups using light, hand held weights in the exercise class room.

**Weights for Me**– This strengthening and toning class is perfect for everyone! This seated class will take you through a full body toning class using a variety of equipment. You will use light hand weights, pilates circles, weighted bars, exercise bands and more!

**Yoga for Men** - A unique yoga class focusing on strength-based asanas, including arm balances, planks, and Sun Salutations.

**Yoga Sculpt** – Stretching, toning and strengthening moves using light hand weights while holding yoga poses and balance stances. Balls, bands and light core work for variety and fun.

**Zumba** – Perfect for everybody and everybody! Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.